

May 2017

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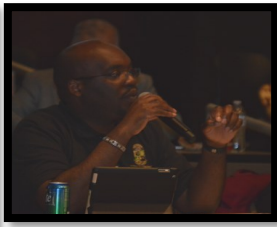


@cityofseatpleasant

SEAT PLEASANT NEWS

"A Smart City of Excellence"

Seat Pleasant Council Members and Staff Attend the Smart Cities Summit



The City of Seat Pleasant traveled to Harrisburg Pennsylvania attending Harrisburg University of Science and Technology Smart Cities Summit on April 18th. This was an occasion for City employees to take advantage of the opportunity to learn more about Smart City approaches, strategies and technologies that will benefit residents and the services the City provides for residents that can be better, faster and personalized.

CITY OF SEAT PLEASANT

MAYOR

Eugene W. Grant

COUNCIL PRESIDENT

Ward III

Reveral L. Yeargin

WARD I COUNCILMEMBER

Lamar Maxwell

WARD II COUNCILMEMBER

Aretha A. Stephenson

WARD IV COUNCILMEMBER

Charl Jones

WARD V COUNCILMEMBER

Gloria Sistrunk

AT-LARGE COUNCILMEMBER

Shireka McCarthy

AT-LARGE COUNCILMEMBER

Kelly Porter

CITY ADMINISTRATOR

Jeannelle Wallace

TREASURER

Robert L. Ashton

CHIEF OF POLICE

Devan Martin

DIRECTOR OF PUBLIC WORKS

Samuel Prue

DIRECTOR OF ECONOMIC DEVELOPMENT

Weyimi Ayu

CITY CLERK

Dashaun N. Lanham

DIRECTOR OF PUBLIC ENGAGEMENT

Sharron Lipford

Seat Pleasant visits the African Union



The Honorable Mayor Eugene W. Grant continues to move Seat Pleasant forward!! April 13, 2017 Mayor Grant traveled to the African Union Embassy in Washington, D.C. He was greeted by Dr. Gloria B. Herndon, Founder, President & CEO of GB Group Global and the Permanent Representative, Her Excellency, Ambassador Arikana Chihombori Quao, MD.

Mayor Grant was invited by the Ambassador to discuss Smart City's and the benefits of becoming a Smart City. In his continuing efforts to promote Seat Pleasant as a Smart City, Mayor Grant has been receiving a number of invitations to give talks about the processes of becoming a Smart City. His remarks were warmly received by the Ambassador and her staff.

Annual City Wide Clean-up

May 20, 2017 Wards I & II

May 27, 2017 Wards III & IV

June 10, 2015 Ward V

The Public Works Department will be available from **7:00am to 2:00pm** to assist each Ward on the assigned cleanup date indicated above.

All items must be out by 6:00 p.m. the day before the event.

Services Involved

- ◆ Derelict Vehicles will be removed
- ◆ Trash and debris will be picked up
- ◆ Overgrown lots will be cut
- ◆ Bulk Trash items will be removed
- ◆ Vacant Buildings will be boarded, strategies for corrective action
- ◆ Criminal elements will be identified and removed
- ◆ Bulk Trash Items (3item maximum)
- ◆ 1 Large item per household: (example-sofa, refrigerator)
- ◆ 2 small items (chair)
- ◆ Vehicles (Tires Only), maximum 2



Public Works **WILL NOT PICK UP** the following items:

- ◆ Building materials (paint, oils, roofing, bricks, tiles, drywall, etc.)
- ◆ Yard clippings, grass, leaves, etc.
- ◆ Vehicle parts, tools

For more information, please contact the Public Works Department

**6301 Addison Road,
Seat Pleasant Maryland 20743
301-336-2600**



5 Great Ways To Celebrate Mother's Day

1. Planting a Tree

Together with your mom plant the tree in a visible place in your yard.

2.. Afternoon Tea Party

Book an afternoon tea at a local teahouse or restaurant.

3. Make a family video

Make a video of you and your moms special places and memories.

4. Unite Generations

Gather all the grandparents , great grandparents , aunts and uncles and the “mom’s” family members together for a joint celebration.

5. Give To Others

This Mother's Day help a mother in need by donating to organizations that help mothers and children in need.

Seat Pleasant Day 2017 New Parade Route



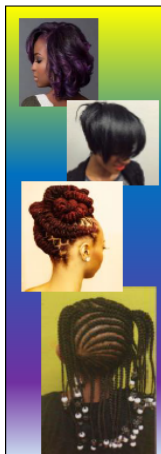
Parade will begin at 11:00 am after the opening ceremony at 10:30 a.m. The route will proceed as follows:

The Parade will leave from Seat Pleasant Neighborhood Park-**Birchleaf Park** and continue straight until reaching Seat Pleasant Drive. Once at Seat Pleasant Drive the parade will make a right towards Addison Road.

Reaching Martin Luther King Jr. Highway, the parade will turn right until reaching 71st Avenue. The parade will then make a U-Turn going north on Martin Luther King Jr. Highway until reaching 65th Avenue and making a right

Once reaching Seat Pleasant Elementary School , the parade will turn left and continue onto the school field. There will be lane closures both ways going and coming during the parade.

SEAT PLEASANT DAY SPONSORS



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Karen R. Toles

Prince George's County Council, District 7

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HYPERTENSION AWARENESS MONTH

Hypertension is another name for high blood pressure.

Definition: When your blood pressure, the force of the blood flowing through your blood vessels is consistently too high.

High blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. In the U.S, approximately 1 in 3 adults has high blood pressure. You can have hypertension for years without any symptoms. High blood pressure cannot be cured. However, it can be managed very effectively.

Here are 6 lifestyle changes you can make to lower your blood pressure and keep it down:

1. Lose extra pounds and watch your waistline

Losing just 10 pounds can help you reduce your blood pressure. Carrying too much weight around your waist can put you at greater risk of high blood pressure.

2. Exercise regularly

If you have slightly high blood pressure (prehypertension), exercise can help you avoid developing full blown hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

3. Reduce Sodium in your diet

Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 mm Hg.

4. Reduce Your Stress

Chronic stress is an important contributor to high blood pressure. Occasional stress can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking. Take some time to think about what causes you to feel stressed, such as work, family finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

5. Quit Smoking

Quitting smoking helps your blood pressure return to normal. People who quit smoking, regardless of age, have substantial increases in life expectancy.

6. Add potassium to your diet.

Studies show that people who consume more potassium have lower blood pressures. Good sources of potassium include:

- bananas
- melons
- orange
- spinach
- Zucchini

Along with lowering salt in the diet, a balanced eating plan that also reduces cholesterol intake and fatty foods is recommended. The TLC Diet (Therapeutic Lifestyle Changes) often is recommended to lower blood cholesterol.





Honors men and women who died while serving the U.S military

Officially known as Decoration Day, it became an official holiday in 1971.

It is believed that freed slaves started the tradition in Charleston South Carolina, to commemorate the death of Union soldiers and the end of the American Civil War.

Three years later the head of the organization of Union veterans established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers.

At the time the nation remained culturally divided and so did Memorial Day observations.

Then, Black Charlestonians in cooperation with white missionaries and teachers staged an unforgettable parade of 10,000 people on the slaveholders race course. Following the dedication the crowd dispersed into the infield to enjoy picnics, speeches, and drills by soldiers.

Mayor Eugene Grant Spoke Before the United Nations



Last month Seat Pleasants Mayor, Eugene W. Grant spoke before the United Nations 17th Annual Infopoverty World Conference. His remarks were centered around Smart City's. Mayor Grants presentation was broadcast live on UN Television which was seen in over 190 Countries. As the Mayor travels he continues to promulgate the benefits of Small Municipalities becoming Smart or Connected Cities. Please continue to follow the Mayor on activities of transforming Seat Pleasant into a Smart City of Excellence. Check out a snippet of Mayor Grants United Nations video on the **City of Seat Pleasant** YouTube Channel.

WARD III Prayer Breakfast

"Only A Prayer Away"
Councilmember Yeargin

Councilmember Reveral Yeargin would like for all residents of Ward III to come and join him for a Prayer Breakfast.

WHEN: SATURDAY, JUNE 3, 2017

TIME: 11:00 AM

WHERE: SEAT PLEASANT ACTIVITY CENTER
5720 Addison Road, Seat Pleasant MD 20743

Please RSVP by Friday , May 26, 2017 with Councilmember Yeargin at 240-455-2612

Please remember to bring a neighbor!



WOMEN'S HISTORY MONTH LUNCHEON

CELEBRATING TRAILBLAZING WOMEN IN PRINCE GEORGE'S COUNTY GOVERNMENT

On Thursday March 16, 2017, County Executive Rushern L. Baker hosted the 32nd annual Prince George's County Women's History Luncheon. The luncheon brings in women from government, arts, business, education, religion & non-profits. Some of the women honored were **Amber Nicole Stanford** who received a \$2,000 scholarship as the 2017 Gladys's Noon Spellman Scholarship Award Recipient. Others presented with the award were:

- **Alexis Herman**—Former United States Secretary of Labor
- **Ms. Gevonnia Whittington**—Director of Homeland Security
- **Pamela J. Graham**—P.G County paramedic Fire/EMS Department
- **Gloria L Burnett**- Director, Department of Social Services
- **Theresa M. Grant**—Aging and disabilities services Division Manager



Four women received the P.G County Women in Government Award.



The City of Seat Pleasant staff members attended the Annual Women's History Month luncheon.



There were over 900 guests in attendance at the event to connect and network.

The City of Seat Pleasant
"A Smart City of Excellence"

Primary Business Address
6301 Addison Road
Seat Pleasant,
Maryland, 20743

Phone: 301-336-2600

Fax: 301-336-0029

We're on the Web!!

www.SeatPleasantMD.gov



Extended Highlights



Left, Founder, President & CEO of GB Group Global, **Dr. Gloria B. Herndon**

Center, Her Excellency Ambassador **Arikana Chihombori Quao**, MD.

Right, Executive Assistant to the Mayor, **Kyrthlyn Rhoda**



Left, Founder, President & CEO of GB Group Global, **Dr. Gloria B. Herndon**

Center, The Honorable Mayor of Seat Pleasant, **Eugene W. Grant**

Right, Her Excellency Ambassador **Arikana Chihombori Quao**, MD.



Left, Executive Assistant to the Mayor, **Kyrthlyn Rhoda**

Left Center, Director of Public Engagement, **Sharron Lipford**

Center Right, Director of Economic Development, **Weyimi Ayu**

Left, Founder, President & CEO of GB Group Global, **Dr. Gloria B. Herndon**